

Yoga Class Levels

Level 1—Beginner Accessible

Level 1-2—Intermediate

Level 2-3 For the Yogi with experience

MARCH 2020

Harmony in Health Ltd

Group Fitness Yoga Spinning Toning



Visit our Website @
harmonyinhealthtld.com

2215 Cleveland Rd, Sandusky 419-502-0072

Calendar subject to change. Visit our website for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
C L O S E D	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	
		INDOOR CYCLING 9:00 – 9:30 AM	INDOOR CYCLING 9:00 – 9:30 AM	TONING 9:00 - 9:45 AM	INDOOR CYCLING 9:00 – 9:30 AM	BOOM-Move it 9:00 – 9:45 AM	SPIN w/Amy 8:00—8:45 AM
		BELLY DANCE 4:45 – 5:30 PM	STRENGTH AND BALANCE 10:00—10:45 AM	POUND (Modified) 10:30—11:15 AM	STRENGTH AND BALANCE 10:00—10:45 AM		TONING 9:00—9:45 AM
		SPIN W/Lee 5:30 – 6:15 PM	TONING 12:15—12:45 PM		TONING 12:15—12:45 PM	SILVERSNEAKERS FLEX	
		NK TAE KWON DO 6:00— 6:30PM	SPIN w/Amy 4:45—5:30 PM	SPIN w/Lee 4:45—5:30PM	SPIN 5:00—5:30 PM	<u>POUND</u> : Mon 6:45 PM & Wed 10:30 AM	
		KICKBOXING 6:45 - 7:15 PM	STEP 5:30—6:30 PM	TONING 5:30—6:15 PM	STEP 5:30— 6:30 PM	<u>INDOOR CYCLING</u> (Spinning): Tues & Thur 9:00 AM	
		POUND 6:45—7:30 PM	BODY SHOP 6:30—7:15 PM	NK TAE KWON DO 6:30—7:00 PM	BODY SHOP “C” 6:30—7:15 PM	<u>STRENGTH AND BALANCE</u> : Tues & Thur 10:00 AM	
	YOGA	YOGA	YOGA	YOGA	YOGA	YOGA	
	8:45—9:45 AM Gentle Flow	8:45—9:45 AM Gentle Flow		8:45 – 9:45 AM Gentle Basics	N O Y O G A		
	12:00—1:00 PM Slow Flow & Deep Stretch			11:00—11:45 AM SilverSneakers YOGA			
	5:30 – 6:30 PM Beginner	5:30—6:30 PM Vinyasa Flow	5:30 – 6:30 PM Deep Stretch & Slow Flow	5:30—6:30 PM Strength & Flow			
		6:45 –7:45 PM Yoga 101		6:45—7:45 PM Yoga 101			